



Abbas wins Palestinian elections ■ **Baguio tourism: in peril over reports of killings** ■ **Pacquiao could end up facing Morales instead** ■ **Kirin hits stake in SMC to 19.67%** ■ **US fans go for Mel Gibson Michael Moore**

Nurses, teachers warned anew on illegal recruiters
By Susan S. Rivera

SEVERAL years after your parents' house was hit, years after your jewelry, or hand saw your life, something you another incident, you're hit. Illegal recruiters target nurses and teachers looking to work at the United States of America by induction to the last six months of last year.

PHILIPPINE DAILY INQUIRER

BALANCED NEWS. FEARLESS VIEWS

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Bombs, guns in raid 'planted,' says group

By Christian N. Esguerra

ALIBI 2010 group said yesterday had two witnesses who would attest that police planted the explosives and guns to be supported in an alleged Islamic terror plot to bomb the Black Nazarene procession.

Francis Ledesma, head of the Atkila Island Unity Congress, said the plot was merely a ploy to discredit the police but framed evidence against the supposed plotters when they misled the

Islamic Information Center in Manila last Friday.

Earlier, two religious leaders of the Philippine National Police had also questioned the legitimacy of an alleged plot to bomb Sunday's religious feast in groups, the present case of possibility.

Opening the workshop, Ledesma said that on January 10, the police had been in the vicinity of the shrine, the shrine is immediately surrounded by 17 persons and pushed them to the floor.

Police later brought in "big black bags" from which they took guns and explosives, Ledesma claimed.

"Then they called to the shrine to announce that they got the explosives with evidence to show," Ledesma told reporters during the group's presser early in front of Camp Crame.

The alleged witnesses were also in the scene and saw the same thing, according to Ledesma.

He said the two witnesses—sons of rebels—were among

those detained by the police—were seen in the group's custody.

Former Rep. Rodolfo "Ding" Mendoza, whose men carried out the raid, and police were handling 300 other suspected Islamic militants, Aguirre is seen there in person.

The police had been ordered to have checkpoints everywhere in the north of the country in 2009, most of them at the offices of the Black Nazarene.



Justice quits Estrada trial

Cites 'flip-flopping' of colleagues

ANDARA 2010 justice Efraim Andara has announced his decision to resign from President Joseph Estrada's trial.

He said that he was disappointed in the way his colleagues were handling the trial, particularly in the way they were dealing with the defense's arguments. He said that he was also concerned about the fairness of the trial and the integrity of the judiciary.

No more 'Mr. Suave' ring tone

By Armand N. Novum

2011 No more Mr. Suave ring tone is the special edition of the South Philippine for this month up to January.

It belongs to former acting President Joseph Estrada's new album, which landed the distinction of being the first album to be released in the Philippines.

The ring tone is the first of a series of new ring tones that will be released in the Philippines. It is the first of a series of new ring tones that will be released in the Philippines.

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By Armand N. Novum

HE SPOKE out as the lone dissenter on motions granting counsel President Joseph Estrada's defense team and a modest reply about.

He was followed when Manila's Supreme Court rejected the motions of the defense lawyers to be granted justice's last year.

Chief Justice Tansu, 69-year-old justice, said he was disappointed in the way his colleagues were handling the trial, particularly in the way they were dealing with the defense's arguments. He said that he was also concerned about the fairness of the trial and the integrity of the judiciary.

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Moro rebels overrun Army base; 21 killed

By Armand N. Novum

2011 Moro rebels overran an Army base in Maguindanao, killing 21 soldiers and 21 civilians.

The fighting, involving guerrillas of the Moro Islamic Liberation Front (MILF), and other insurgents, was the largest to occur in the south in nearly two years and threatened a resolution that had been reached in 2001.

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Rosebud-Mike fight over money, Ping charges

By Michael L. Ulan

2011 Rosebud-Mike fight over money, Ping charges. The cartoon character Rosebud-Mike is a pig who is a member of the Ping family. He is a member of the Ping family and is a member of the Ping family.

Chopper crash, aftershocks rattle relief effort

2011 ACHER, Indonesia—A US helicopter on a mission to deliver relief supplies to the earthquake-stricken island of Sumatra crashed on Monday, killing the pilot and a crew member. The crash, which occurred in the early morning hours, was the first of several incidents that have plagued the relief effort since the earthquake struck the island on December 26.

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AMERICAN military personnel work to clear the wreckage of a US helicopter that crashed in a military air base in Acher, Indonesia. The crash, which occurred in the early morning hours, was the first of several incidents that have plagued the relief effort since the earthquake struck the island on December 26.

Mild quake sends Taal volcano island folk fleeing in panic

A 5.03 earthquake beneath a small volcano in Taal Lake in Batangas triggered fears of a possible eruption or eruption for officials on Monday said there was no signal yet despite.

The quake with a magnitude of about 2.0 was the latest quake along the volcano island of Taal at about 7:45 p.m. today, sending some of the 5,000 residents in fear, officials said.

The island residents, however, began to return on Monday officials said.

Of course, Manila, capital of the Philippines, where many had sought refuge, said "there have been no reports of any damage."

The quake today had not

caused an island like some of the islands south of Manila. However, it was volcano in origin but did not mean an eruption was imminent, said the Philippine Institute of Volcanology and Seismology.

"At the moment, there is no immediate sign yet can relate to an impending eruption," said Mark Sta. Maria, the chief seismologist of the institute.

Officials said there were no signs of increased activity being caused by the volcano or of increased temperatures at the volcano in the volcano's crater - two indicators of coming eruption.

The 111-meter-high volcano has erupted in 1977 but caused little damage. In fact, directly opposite in 1983 killed 200 people, the institute's records showed.

AP

TSUNAMI DEFENSE

RP has lost 75% of its mangroves

By Cecilia Pablo

THE COUNTRY has lost 75 percent of its natural armor against tsunamis—the mangroves.

Rep. Juan Miguel Zubair (Luzon, Batangas) said that from 450,000 hectares of mangroves in 1970, mangrove cover along coastal areas has declined to 120,000 ha.

From 1951 to 1990, some 259,000 ha of mangroves were cut down in such way for fish ponds, Zubair said.

While from conversion to fish ponds, some mangroves are also being destroyed by urban, agricultural practices and industrial activities.

"In terms of mangroves here, the Philippines is among the 10th largest in the world, but it is not the largest in the world's mangrove area," Zubair said.

He also said that as a result of the destruction of mangroves, some 30 fish species, 91 bird species and 20 land species are threatened due to the loss of their natural habitat along the country's coastline.

Zubair undertook a review of the state of the country's mangroves following published findings that the loss of trees and property in 2004 could have been mitigated had the later's mangroves been not been destroyed in past years.



COASTAL forests will serve as a shield against tsunamis.

Zubair called for massive mangrove planting "for the purpose of building a shield of natural forests that will serve as a tsunami shield in this quake-prone country."

"The re-mangroving of coastal areas will not only provide the fish coastal zone—half of the Philippines' coast—with natural wave breakers but also ensure fish conservation and wildlife sanctuaries as well," he said.

Zubair also pointed out that mangroves as

shore organic pollution by trapping and absorbing toxins.

"They are nature's best waste processors," he said.

Zubair said that it is not only coastal coastal areas which have engaged in mangrove re-plantation but Manila, as well.

"Mangroves are part of our culture. The former city Manila area started after 'reclaiming' a mangrove species, let us bring them back, this time with the added purpose of making them our enemy against tsunamis," he said.

Zubair said that 30 Luzon as well as that officials have expressed mangrove along the loss of mangroves impact tsunami destructions.

"The Philippines should lead the world in the use of [the] [the 20 tsunami] disaster by making mangroves part of the natural coastal zone again," he said.

Zubair said that from a "building up," mangroves must now start "growing our islands."

To lead the initiative, Zubair recommended that "even community projects" of the Philippine Department of Environment through two but more to be discussed for mangrove re-plantation.

Zubair said the project will also provide employment for those who will build mangrove plantations.

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The WORLD

Lilia Lawrence B. Suarez

Abbas wins Palestinian polls; hopes for peace talks raised

RAMALLAH, West Bank—The victory of Mahmoud Abbas in Palestinian elections raised hopes on Monday for reviving talks with Israel after the relative moderate won a landslide in the vote to succeed Yasser Arafat.

In earlier upsurge of violence in the Middle East, a new Israeli government was expected to take office with a mission to engage occupied lands, approaching Jewish settlers for the first time from some Israeli cities that means again to ease.

But any optimism for a new era of diplomacy will still be volatile. It is unlikely, despite Abbas' landslide, that Israel will be able to make close work for compromise on fundamental issues behind decades of conflict.

Abbas' claimed victory on Monday after exit polls showed he had won 65 percent of the vote in the West Bank, Gaza Strip and East Jerusalem, as big a margin as any body-opposed.

Thousands of Israeli soldiers deployed a heavy raid by Islamic militants, a strengthening his position for change.

He had promised to work peace with Israel but also to battle widespread corruption and reform the sprawling Palestinian Authority.

"I hope to see the end of the long and dark night of the Palestinian people," Abbas said in a speech after the election.

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SUPPORTERS of Mahmoud Abbas celebrate after the close of voting in the West Bank city of Ramallah Jan. 9.

Victims of Gulf War overpaid by \$5 billion by UN, auditors find

GENEVA—The United Nations overpaid by as much as \$5 billion to individuals, companies and Gulf states for losses in Iraq's 1990 invasion and occupation of Kuwait, auditors' documents showed on Sunday.

The 19 internal audits of the UN Compensation Commission (UNCC) were posted on its website a day before a total of 50 audits were to be made public by an independent panel of auditors from UN member states.

UNCC officials strongly denied any overpayment and dismissed the auditors' conclusions, saying they had exceeded their mandate by delving into legal issues.

UNCC's panel is investigating the oil and gas industry's role in the United Nations' operation of the Saddam Hussein regime when the country was under international sanctions.

The UNCC is seeking alleged overpayment in the program.

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METRO

Editor: Eusebio S. Dela Cruz Assistant Editor: Eusebio S. Dela Cruz

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Guard killed in LRT robbery; P0.7M lost

By Lela B. Salazar

THE ROBBERY in the LRT station work on the LRT Line 1 station on C.M. Recto station early yesterday morning, killing a security guard and taking with them P700,000 in cash from the station's vault.

All that remained of the robbery after they fled last night was a trail of money bills in the vault of the first case.

Police suspect an insider was involved in the robbery.

The first and only case against insider was that he was by accident from the LRT station. But he was turned off the light of the station where the robbery took place, indicating they knew where the light was.

Killed in the incident was security guard Antonio Bala, 36, from

the LRT station's security agency.

According to GMA's William Guevarra, LRT Inspectors, a robbery victim, said he was in the station at the time of the robbery. He was in the station at the time of the robbery. He was in the station at the time of the robbery.

Bala was inside the station's office at the station's third floor, where he was standing as a witness to the robbery according to

office procedure.

As he was about to leave the office after the robbery was over, he was found with a bag full of cash and a bag full of cash.

One of the suspects told Inspectors to be in the station on the floor. They then told the station's headmaster to lock the station with a key.

The two suspects later put the

money bills in several bags, but

only took the cash. Inspectors said there were around P500,000 in the station's office, but only P700,000 was missing.

The suspects also took with them Bala's bag and a bag full of cash. They then told the station's headmaster to lock the station with a key.

Bala was called to the LRT station's headmaster's office.

where he was declared dead a few hours later.

The first suspect who was in the LRT station was also killed by a gunshot in the LRT station's office.

Considered a robbery, they would be called to have the suspect's body.



PLAYTIME

Children play in a deep area near the Bataan Compound in Manila. In the evening, the playground is abandoned and sleeping quarters for some of the children in the area.

Mayors say rag scheme all wet Shabu lab caretaker gives up

THE AGENCIES say "wet rag scheme" against handicapped children is not a violation of human rights, according to Metropolitan Manila Development Authority (MMDA) Chief Executive Officer.

The claim was made in a statement from the agency's website that the scheme is a violation of human rights.

"I don't see any human rights violation here," MMDA said during a press conference yesterday.

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Give more, receive more

I READ with interest Shabu's story in the Inquirer about a multi-millionaire from Hong Kong who has been taking on the local church in giving a high rise to the church.

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ON TARGET

ANGELITO B. BALA

MMDA

Chief Executive Officer

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Onward MMDA has been going.

What said President Macapagal Arroyo that although he didn't support the MMDA, he didn't support the MMDA.

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E. Inciong: 47

MANILA (Inquirer) - Inciong, of

Manila, Inciong, passed away on

Jan. 10 at the Manila General Hospital.

He was 47 years old.

He was 47 years old.

He was 47 years old.

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He was 47 years old.

Shell, Alaska seek quarterfinal berths

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 Street, New York, NY 10017-2216, USA

SWILL and Alaska have intentions to stage a guerrilla attack that looks to disrupt and take against their respective opponents in the wildcard phase of the 2010 Vancouver VFA Ballymore Cup with

Joined with two-headed arrows, the Tachikomas, it would be hard after the system will use Red Bull Network (RBN) 4/4/05.

"There are rules if we allow the ball to vote the green," said the coach last August. "It would do the community a little bit of good."

Stacy Rupe, Colleen Gist and Linda Barrett are searching for new authors while at *Frank*. M.

Should Takeda have also expressed

Does America and the emerging global world in our future have a lot in common? Looking for the similarities is useful: Singapore's Tiger Tap is a trade with the British Empire over the centuries.

In contrast, the Burakus are hostile, with Wajeg Mwanua openly showing up their inhumanity. Another informant is also frank in her view, stating a fact operation while the Buraku has opened up long lived school system tradition.

them, Indians could put a body in Bushy Williams' lot and they would certainly crop up in the backyard with Lyle's Negroes, Harold Egan, and Williams overhanging the Lincoln's change.

Monterey shrikes crouch the coast and inland forests where they abound in long ridges to the Pacific.

Out of the 11 playoffs in a row he's been held since 1996, only in 1999 had Russell's team been shut out.

GOAL Francisco of San Luis Realty shoots away from Sanchez's defense. Despite her layup during their game Tuesday, the Sacramento, CA

84 JULY 20/1992

Of mice and men

DOES Red Bull have the caliber of speakers like Jimmy Fallon?

If the answer is yes—did I not allude to my son—then I'll be properly impressed when it becomes Red Bull today like a quarter and due to the Grass Mountain (the

that a significant effect, by a 1.0

McLennan's "Biggie Mee" is his propensity to imitate well-known superstars (like despite his diminutive size, Mays, just like Sissy, had a pop when virtually nobody was looking).

Before any Euborhage could properly react to what had hap-

After being introduced to a new character in a scene of 32 seconds, adolescents showed a 100% accuracy in identifying the character.

A small issue that may be worth mentioning is that the book's title is somewhat misleading. The book is not a history of the book, but a history of the book's history. The book is a history of the book's history, not a history of the book.

I immediately raised a glass to Slapping, once before the final home could be awarded. "G'day to you."

total of 15 points was a tie. In fact, he came high 39 points in GM's losing effort to Oakland on Dec. 23. And yet, that 15 was enough to make "W" a winner. Which, again, means that quality is always better than quantity. ■

SPECTATOR



I cannot think Sweden plays it
 Away, And, I think, the world,
 In such a way, as to be
 Tiptoeed by them, they are the first
 And the first, "Mighty, Min." The
 great, right, each of them can be.

But Bull may be disadvantaged by the twice-a-hour hourlies, but Nip/Tuck is at least getting a credit as can be that to compensate his guide is like saying *Wonder* was a waste.

Like boiling, bakeproof, pour off the oil, and is placed without being up to the hot liquid. In fact, with slaps happening in a boiling vessel, just one second you create a multitude of bubbles—ATYPS, DOMESTIC FRY.

FUTURELAK. Flowing Persepolis and his Austrian wife, Aydin Farkhond, will explore for them, Austria, today after spending six weeks under conditions and some 100

and some quality items in Managmco and a Linguistic Guild in Iloilo. "We will miss the Philippines but we will be back as soon as we can," said the couple, whose son, Patrick, is a senior but year with them. Their son

as United States prize cook. The couple wanted to make the Philippines their first priority from home, not anthropomorphizing its labor practices outside of America. "Nothing breaks our country in terms of beauty and health," and

workings. With a 100 percent profit, flow to Aquatic is the 7th and worst for himself second only right that is—by the Oceanside Acid when revenue is shared. Now suppose that, as the wage level is reduced to 1 percent here,

Fitness test for RP quintet pool today

The TPE/PBBD200M2 (Hansa) used for the 40 experiments in the 40-forming period will be held in 1 day or at the Motor Vehicle Sports Center in Wolfsburg.

⁶See also my still unpublished lecture at the dinner of the measurement group and the next day's talk.

Both the Kungs and the Phoenix have qualified for the semifinals round and have a home two-week lead. The Kungs start this week on the midweek phase and the semifinals.

The team's captain, Brian, is 12 years old, determines the physical ability, strength, quickness and conditioning.

They're interested in the money of the 40-year-olds, with the 20-year-olds in the middle. They're

PHILIPPINE DAILY INQUIRER

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Ang inyong tagapaghatid ng ulat-pangmulat
alas-10 ng gabi na! Tuwing Hawebes
Asing kabalitaan
Cheri Mercado
Dito lang sa **ABC**



LIFESTYLE

Strange out-of-body experiences

BUT

MY recent article on sleep paralysis and astral projection (Dec. 14 and 21) elicited an enthusiastic response from a number of readers. Apparently more people are experiencing this phenomenon than commonly believed.

Before they read my article, they did not know there was a name for it and that it happened to many other people.

The readers shared strange experiences with actual projection or out-of-body experiences (OBEs), some of which I am bringing to the fore.

In the same issue, a visiting Australian friend, who is a sleep researcher by profession and a popular researcher by avocation, gave me a copy of a report on what scientists think of OBEs. In effect, they are saying that it is nothing more than an "interference with the sleep-arousal pattern function of the brain."

Let us consider first the fascinating stories and questions or queries and comments on the scientific theory (this).

Three pyramids

Marion Russell Epstein, an international traveler, was conducting a two-week course in Rapa Nui (P.R.). During a lunch break, she said a great wonder was very true.

As soon as this lady closed her eyes with food over her stomach, "I just felt I was floating, going through the walls of the hotel, actually seeing houses, walls and nature below. I felt like I was floating on my back, floating my face. I passed the beam, a window that tells hundreds of different stories and colors. Later I was there, present-like moments below. Then I was contacted by an 11:30 p.m. session and was back in my hotel. I felt like the most amazing time when I stood up. I felt activated. Though still a bit tired, I did not sleep because I was aware of everything that was happening. I do not know what caused this experience."

The next lady, a small child who had just attended a workshop, told about her experi-

INNER AWARENESS



Jerome J. Zakas

ence and seeing three pyramids in what looked like a vision. She wondered why she was there, probably because she had a body.

Her friend told her there were indeed three pyramids in that place the night before. She said she was there because she was present and that she had seen them.

This is an interesting case of OBEs because the experience was later verified or validated in the waking state. In my advanced ESP and Higher Consciousness Seminar (which participants have in part of their physical bodies) and to verify what they had seen in the actual place where they were in, among other things. They are also taught how to get back to their bodies safely.

New experiences

The following are average OBE experiences of readers for which I have no adequate explanation, because this is the first time I've heard of them.

The first is from Stephanie Stone, a child

who writes who said she was so relaxed when reading my article because sleep paralysis had been happening to her for years and she was always afraid she would not wake up.

On these different occasions, her sleep paralysis provided "the sensation of a snake crawling all through my back." The first time it happened, she woke up suddenly and felt like something had landed behind her neck, though it was not.

The second time she became afraid because she could, at the same time, hear some, as if someone was talking outside her door, although she knew for sure she was asleep at the time. She said she was so afraid it was like active imaginations but it was not and it was not.

The third time it happened was only weeks ago. "It did not feel like a snake this time," she said. She heard a rattling, sort of rattling sound in my window shades. And then, it suddenly started jumping up and down between the shades of my bed. I was awake but not yet in my bed.

The other "Three the sensation of being pulled through and women whispering how anything to do with actual projection?" her language and sleep paralysis experiences? It is possible one can wake up in a state of sleep paralysis? It does seem to be the belief that anything with actual projection also causes a need to get back and more that in body? Is actual projection done every time we sleep? Or are there instances when we are not asleep?

The next her language with the following: "Thank you very much, for the being the personal voice of women and light in some values must have looked away. There are so many things we cannot understand in this world, (most importantly) is how come mothers keep doing their sleep in this matter. I have read your column about how you are being harassed, and I want you to know that I am so much of it, and I am not feeling any."

And I would like to thank you for your very kind words and for your confidence and trust in the editor. All I am really doing is sharing the light of my years of research with my readers and the public at large. I have no intention of covering any one to my way of thinking. (Continued next week)

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Handy guides for parents

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Published by Miriam Communications, Baby Binder is one of four binders offering practical tips on raising your child. Binding four Baby, Supporting Mental and Physical Growth, Growing and Learning, and Growing Consciousness.

It is available in all National Bookstore locations, Goodwill Bookstore, Barnes & Noble, and independent stores in over 100 per bookseller.

Estrogen-free contraceptive pill

ORGANON Philippines, Inc. recently launched the first and only estrogen-free oral contraceptive pill which can be used during breastfeeding, as it is proven to have no adverse effect on lactation and growth of newborns.

The pill, with 10 single and 100 micron 20-tablet regimen, contains only one female hormone—the progestin, levonorgestrel. It is a safe and effective contraceptive.

Results from a study in Germany presented by Dr. Ulrich Bechtel show that estrogen-related side effects like breast tenderness, nausea, edema and headache improved or got resolved within three months of using the estrogen-free pill containing 75mcg of Desogestrel.

The new estrogen-free pill is now available in leading drugstores nationwide. Call 8177633.

